

# Easy Fruit Salad

**Makes:** 14 servings

This semi-homemade recipe mixes canned fruit cocktail with fresh fruit and yogurt for a quick and tasty fruit salad.

## Ingredients

- 1 can fruit cocktail (16 ounce, drained)
- 2 banana (sliced)
- 2 orange (cut into bite-size pieces)
- 2 apple (cut into bite-size pieces)
- 1 yogurt, low-fat piña colada (8 ounces)

## Directions

- Mix fruit in a large bowl.
- Add yogurt and mix well.
- Chill in refrigerator before serving.

**Source:** University of California, Cooperative Extension Fresno County, Easy and Nutritious Family Recipes, p.6

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>70</b>
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	13 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	